Enrolled with a dental plan?
Most OHP clients are enrolled with a dental plan. Your OHP Coverage Letter lists dental plans as Dental Care Organizations.
- Check page 2 of your OHP Coverage Letter. If it lists a dental plan for you or your child(ren), call your plan to find out how to make appointments.

Dental plan customer service numbers
- Access Dental 1-877-213-0357
- Advantage Dental 1-866-268-9631
- Capitol Dental 1-800-525-6800
- Family Dental Care 1-866-875-1199
- Managed Dental Care of Oregon 1-800-538-9604
- CareOregon Dental 1-888-440-9912
- ODS Community Health 1-800-342-0526
- Willamette Dental 1-855-433-6825

Not enrolled with a dental plan?
- Go to www.insurekidsnow.gov/state/oregon/oregon_oral.htm to find OHP dentists in your area. Select the “Oregon Health Plan - Fee for Service” benefit plan.
- Go to www.oregondental.org to find out about dental clinics and other resources.

Don’t know if you’re enrolled in a dental plan?
Call OHP Client Services at 1-800-273-0557 to find out.

For any TTY service:
Dial 711.
OHP provides dental services for children and teens under age 19.

Coverage includes:
- Check-ups and cleanings twice every 12 months;
- Fluoride and sealants to prevent tooth decay;
- X-rays, fillings and extractions; and
- Exams and treatment for urgent dental needs (such as severe tooth pain or a knocked-out tooth).

### Tips for a healthy smile

Dental disease is the #1 disease among children and is 100% preventable.

- Brush twice daily. Young children need help with this.
- Baby teeth are important! Wipe your baby’s teeth and gums clean.
- Eat well. Avoid sugary foods and drinks.
- It’s never too early to visit the dentist! Get your baby’s teeth checked by their first birthday.
- Ask your dentist about fluoride and sealants to protect teeth and keep them strong.
- Even teens should see the dentist twice a year.

### Keys to good oral health

- Visit your dentist regularly. Dental care is also safe and important during pregnancy.
- Brush your teeth with fluoride toothpaste. Don’t forget to floss!
- Drink fluoridated water or use fluoride supplements.
- Avoid tobacco products, including smokeless tobacco.

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www.oregon.gov/OHA/healthplan

1-800-273-0557